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Abstract of the Disclosure

5 A cable support for category 5 cable, fiber optic cable, and the like is in the form of a curved smooth saddle to support the cable in lay-in fashion. The saddle has a projecting stem with a number of fastening accommodations to receive all kinds of clamps, clips or brackets, so that one or more supports may be positioned on or suspended from anything or any surface in the utilitarian part of a building such as the area above a drop ceiling. This enables the supports to be positioned within about 120-150 cm of each other so that cable sag between support saddles does not exceed 30 cm.